



What Are You Waiting For?

NJWELL Rewards for 2014 End Soon!

The goal of NJWELL for 2014 is to “Know Your Numbers” by evaluating your current health status. Two simple activities are required of you and your eligible spouse/partner in order to earn points and gain up to \$200 in Visa® prepaid cards. Time is running out and your chance to participate and earn rewards from NJWELL for 2014 will end October 31, 2014!

If you and your eligible spouse/partner participated in a Biometric Screening, completed your Health Assessment, and each received a \$100 Visa® prepaid card in the mail — thank you! But if you haven’t completed your Wellness activities for 2014, here are five things that you need to know about NJWELL:

1. **Activities Earn Points/Points = Rewards:** When you participate in a NJWELL activity, you earn points. For the first year of the program, upon completion of just two activities (a screening and an assessment), you will earn 250 points and be rewarded with a \$100 Visa® prepaid card that you can spend however you want.
2. **Your covered spouse/partner can participate:** Your spouse/partner can also participate, as long as he/she is enrolled in your plan. And your covered spouse/partner can earn his or her own \$100 Visa® prepaid card by earning 250 points.

3. **Your Biometric Screening:** A Biometric Screening identifies potential health risks and earns you 100 points. You can get a screening from your doctor at an annual physical; or for free from NJWELL at an upcoming local event. Check our Web site at: www.nj.gov/njwell

4. **Your Health Assessment:** You and your covered spouse/partner can each earn 150 points by completing a short, online Health Assessment questionnaire that assesses your general health status.

5. **Your Privacy:** Only your carrier (Aetna or Horizon Blue Cross Blue Shield of New Jersey**) will see your screening and assessment results; by law, your results cannot be shared with your employer.

Well, what are you waiting for? Don’t miss this opportunity to gain knowledge about your current health status and earn your Visa® prepaid card(s). This offer is for the first year of the program and will end on October 31, 2014. For more information about the program and screening events, visit: www.nj.gov/njwell

Look Out for NJWELL in 2015

Be on the lookout for exciting opportunities that are planned for 2015 for the NJWELL program. Be sure to check our Web site at: www.nj.gov/njwell for upcoming plan information.

* Cards are issued by Citibank, N.A. pursuant to a license from Visa U.S.A. Inc. and managed by Citi Prepaid Services. Cards will not have cash access and can be used everywhere Visa debit cards are accepted.

** Horizon Blue Cross Blue Shield of New Jersey is an independent licensee of the Blue Cross and Blue Shield Association.

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School Employees' Health Benefits Program
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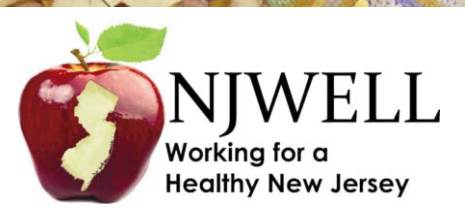
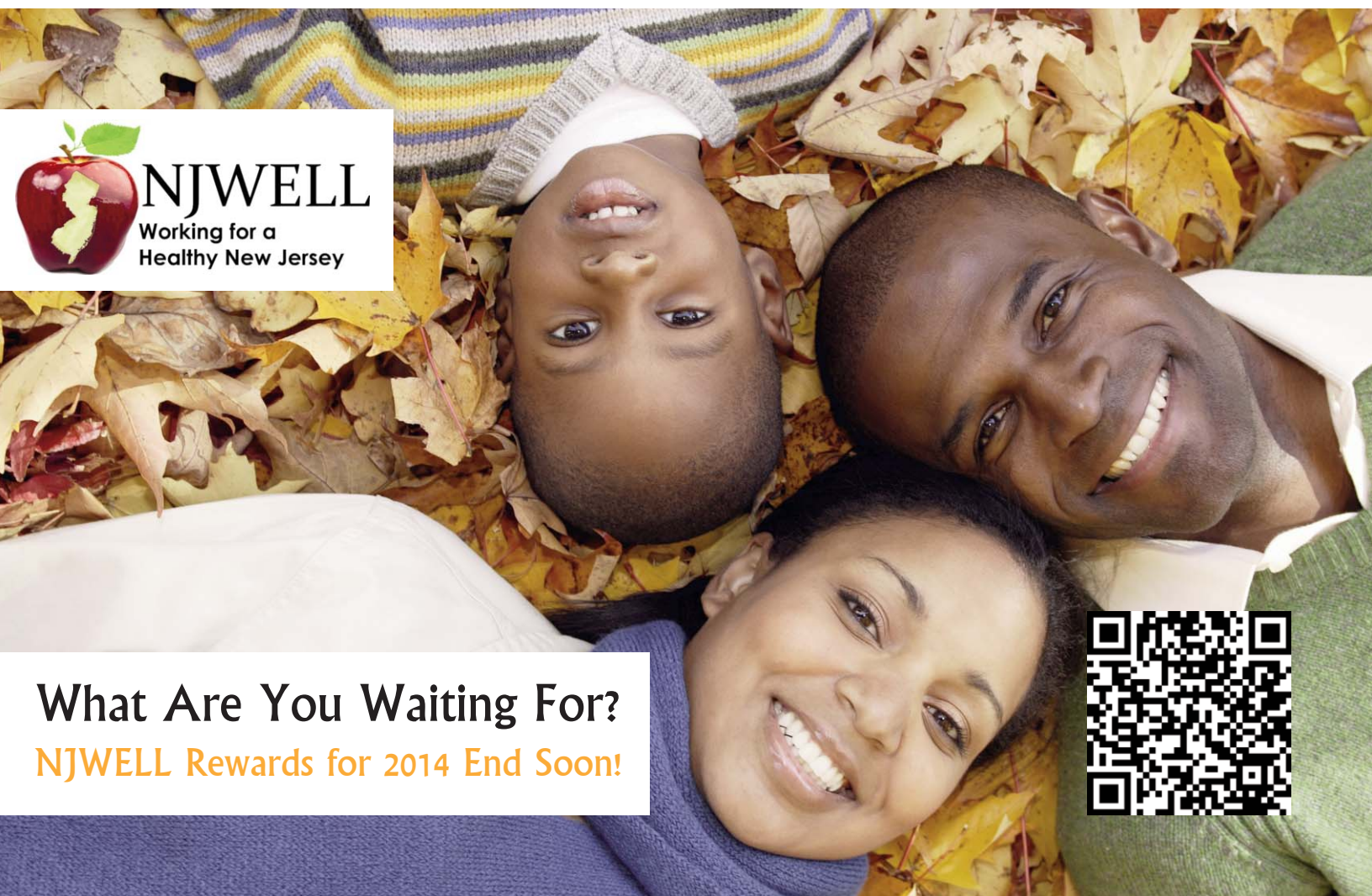
Earn a \$100 Visa® prepaid card for you and one for your covered spouse/partner with NJWELL!

Our Mission:

Healthy Members & Contained Costs

The mission of NJWELL is to cultivate healthy lifestyle choices for active SHBP/SEHBP members to lower health risk factors, improve well being, and ensure that New Jersey's public employees are healthy and productive for years to come. And since healthy members typically require less costly health care, NJWELL will help the SHBP/SEHBP contain future costs.

Look inside for more information on
NJWELL and what it can do for you!



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